



ON RESOLUTIONS

Between 40 and 60 percent of the population make new year's resolutions. Yet less than 10 percent actually succeed in realising their resolutions. Typical resolutions include health and fitness, weight loss, quitting smoking, abstaining or reducing alcohol intake, finding a better job (or career), better managing one's finances and having more quality time with family and friends. So, resolutions are highly worthwhile. Resolutions do not just happen around the turn of calendar year. We just might call them our dreams and aspirations. So, what is it about resolutions that make them so hard to accomplish? Is there something we can do to help turn our resolutions into reality? Here are five ways to do just that:

1. **Our Choice of Words:** How we phrase resolutions can be very important. Resolutions are often expressed in the form of "Next year, I would like to...", or "Wouldn't it be nice to...", or "I would really LOVE to ...". Expressed in this way, resolutions do not invite planning or preparation. Moreover, like tomorrow, next year never comes. So, it is useful to express resolutions in the form of "This year, is the year I will...". It may also be useful to rephrase our resolutions into concrete, moderately challenging, actionable goals.

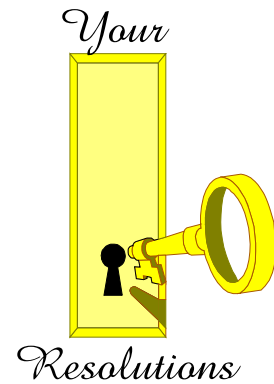
2. **Know Your WHY?:** It is often useful to know the reasons why you would like to accomplish your resolution and reach its accompanying goalpost. It is also useful to know what benefits you will have by doing so. You may find that your why is expressed in 'problem' terms while the benefits are expressed in 'solution' terms. And, if that's the case, the benefits you may receive by accomplishing your resolution may be the flipside of the reasons you would like to reach your goalpost. Either way, you will be articulating your motivation towards your resolution and its accompanying goalpost.

3. **Imagine:** Imagine a future where you have already accomplished your resolution and its accompanying goal post. From this vantage point, you can imagine what you might experience through your five senses. In so doing, you are giving your subconscious mind a clear message about exactly what it is you would like to accomplish.

4. **Map Out Your Path:** From there, it is a simple matter to map out a path from where you are today to your goal post. As part of this process, you may like to identify the markers along the way, potential barriers as well as how you might handle those barriers if/when they do occur.

5. **Identify Helpful Habits:** Finally, you may like to identify new habits that could help you progress towards your goalpost. You can also consider how to hook those helpful habits onto existing routines so that your existing routines act as a reminder to engage in the new helpful habit.

At the end of the day, you will find your dreams, aspirations and resolutions become a matter of habit. However, if you need further help, feel free to contact our office to make an appointment. So, what will you do, to help turn your resolutions into reality, today?



OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

OUR HIGHER ORDER CALLING:

To help you reach your full potential: Personally, professionally, entrepreneurially and money-wise.

HQ® has changed its appearance. This newsletter is now exclusively delivered to your in-box. Some back issues will be available on the web. Now, more than ever, this newsletter will provide food for thought to help you reach your full potential: Personally, professionally, entrepreneurially and money-wise.

We welcome your thoughts, reflections and suggestions on how HQ® can better meet your needs.

DR ABRAMSON'S TEACHING CALENDER

Helping you Reach Your Full Potential: [Personally](#),
[Professionally](#), [Entrepreneurially](#), and Money-wise.

January

- 9th [How to Make the Most of Your New Year's Resolutions](#)
- 11th [CAREER DAYZ[®] Program, Day 1](#)
- 17th [How to Make the Most of Your New Year's Resolutions](#)
- 18th [CAREER DAYZ[®] Program, Day 2](#)
- 25th [CAREER DAYZ[®] Program, Day 3](#)
- 25th [How to Make the Most of Your New Year's Resolutions](#)
- 29th [How to Make the Most of Your New Year's Resolutions](#)

February

- 4th [Strategy and Entrepreneurship for SMEs, Day 1](#)
- 11th [Strategy and Entrepreneurship for SMEs, Day 2](#)
- 18th [Strategy and Entrepreneurship for SMEs, Day 3](#)
- 25th [P.D.: Changes that May Affect the Way We Work as Psychologists](#)

March

- 6th [The Psychology of Share Investing, Talk I: How Lessons from the Past Can Inform Your Investment Decisions](#)
- 25th [P.D.: Making the Most of Your CPD Learning Plan](#)

April

- 3rd: [The Psychology of Share Investing, Talk II: How Mum-and-Dad Investors Compare to Institutional Investors and What it Means for Us as Share Investors](#)
- 8th [Marketing the Business Entrepreneurially for SMEs, Day 1](#)
- 15th [Marketing the Business Entrepreneurially for SMEs, Day 2](#)
- 22nd [Marketing the Business Entrepreneurially for SMEs, Day 3](#)
- 24th [P.D.: How to Really Know If We are Delivering What Our Clients Need/Want](#)
- 29th [Marketing the Business Entrepreneurially for SMEs, Day 4](#)

May

- 6th [Strategy and Entrepreneurship in Private Practice, Day 1.](#)
- 8th [The Psychology of Share Investing, Talk III: Profile of Share Investors and the Key Message for Us as Share Investors](#)
- 13th [Strategy and Entrepreneurship in Private Practice, Day 2.](#)
- 15th [P.D.: Social Media and Private Practice](#)
- 27th [Strategy and Entrepreneurship in Private Practice, Day 3.](#)

June

- 3rd [Professional Practice Program \(HYPNOSIS\), Workshop 1.](#)
- 10th [Business Finance for Private Practice and SMEs, Day 1](#)
- 12th [The Psychology of Share Investing, Talk I: How Lessons from the Past Can Inform Your Investment Decisions](#)
- 17th [Professional Practice Program \(HYPNOSIS\), Workshop 2.](#)
- 20th [P.D. The Psychological Meaning of \\$\\$s and How It Plays Out at Home and Work \(Open to Psychologists, share investors and business owners\).](#)
- 24th [Business Finance for Private Practice and SMEs, Day 2](#)

July

- 1st [Marketing the Private Practice, Entrepreneurially, Day 1](#)
- 8th [Marketing the Private Practice, Entrepreneurially, Day 2](#)
- 10th [The Psychology of Share Investing, Talk II: How Mum-and-Dad Investors Compare to Institutional Investors and What it Means for Us as Share Investors](#)
- 15th [Marketing the Private Practice, Entrepreneurially, Day 3](#)
- 18th [P.D.: How to Finance the P.P. for Growth and Increased Profitability](#)
- 29th [Marketing the Private Practice, Entrepreneurially, Day 4](#)

August

- 5th [Strategic Growth for Private Practice and SMEs, Day 1](#)
- 12th [Strategic Growth for Private Practice and SMEs, Day 2](#)
- 14th [The Psychology of Share Investing, Talk III: Profile of Share Investors and the Key Message for Us as Share Investors](#)
- 19th [Strategic Growth for Private Practice and SMEs, Day 3](#)
- 20th [P.D.: The Psychological Treatment of \\$\\$s: How it Plays out at Home and Work](#)
- 26th [Professional Practice Program \(HYPNOSIS\), Workshop 3](#)

September

- 2nd [Using the Power of Neuroscience and Your Subconscious to Maximise Career Potential, Day 1](#)
- 4th [The Psychology of Share Investing, Talk I: How Lessons from the Past Can Inform Your Investment Decisions](#)
- 16th [Using the Power of Neuroscience and Your Subconscious to Maximise Career Potential, Day 2](#)
- 17th [P.D.: The Psychological Followers of \\$\\$s: How it Plays out at Home and Work](#)
- 23rd [Using the Power of Neuroscience and Your Subconscious to Maximise Career Potential, Day 3](#)
- 30th [Professional Practice Program \(HYPNOSIS\), Workshop 4](#)

October

- 7th [Resourcing the Private Practice and SME, Day 1](#)
- 14th [Resourcing the Private Practice and SME, Day 2](#)
- 16th [The Psychology of Share Investing, Talk II: How Mum-and-Dad Investors Compare to Institutional Investors and What it Means for Us as Share Investors](#)
- 21st [Resourcing the Private Practice and SME, Day 3](#)
- 28th [Professional Practice Program \(HYPNOSIS\), Workshop 5](#)

November

- 11th [Professional Practice Program \(HYPNOSIS\), Workshop 6](#)
- 18th [PD: The Psychology of Investing: Highlights from Dr. Abramson's research](#)
- 20th [The Psychology of Share Investing, Talk III: Profile of Share Investors and the Key Message for Us as Share Investors](#)
- 25th [Advanced Strategic Growth for Private Practice and SMEs, Day 1](#)

December

- 2nd [Advanced Strategic Growth for Private Practice and SMEs, Day 2](#)
- 9th [Advanced Strategic Growth for Private Practice and SMEs, Day 3](#)